



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <u>Morning Programs</u> Patsy Cline Sing-a-long Learn About Birds (P) Creative Coloring (M) <u>Afternoon Programs</u> Saturday Matinee– Secretariat 1pm Second Hand Hounds <u>Evening Programs</u> Jokes (P) Sing a Long with Susie Q (M)
2 Happy Birthday Ellen K! <u>MORNING PROGRAMS</u> Live Stream Church Service Hymn Sing and Devotions <u>AFTERNOON PROGRAMS</u> Music on the Patio (P&M) <u>EVENING PROGRAMS</u> Conversation Pieces (P) Name Five (M)	3 <u>Morning Programs</u> 10:00 Rise & Thrive– Weights 10:30 Integrative Therapy – Relaxation and Breathing <u>Afternoon Programs</u> 1:00 One on One’s (P) 2:00 One on One’s (M) 2:30 Coffee, Cookies and Convo with the Chef (DC) 3:00 Yoga with Betty (WBS) <u>Evening Programs</u> Conversation Pieces (M) Nails and Massage (P)	4 <u>Morning Programs</u> 10:00 Rise & Thrive– Balls 10:30 Current Events <u>Afternoon Programs</u> 1:00 Baking Corner (P) 2:00 Baking Corner (M) 3:30 Music Therapy (P) <u>Evening Programs</u> 7:00 Honeywell Concert (CR)	5 <u>Morning Programs</u> 10:00 Rise & Thrive– Weights 10:30 What’s going on in the world? Spring Jewelry Sale with Darla Carlson 11am-2pm in Back Lobby <u>Afternoon Programs</u> 1:15 Chair Yoga (WBS) 1:30pm Paint Paper Scissors Craft (CAS) 2:30 Patio Social Hour (P&M) <u>Evening Programs</u> Jokes (M) Comics (P)	6 <u>Morning Programs</u> 10:00 Rise & Thrive– Drumming 10:30 Short stories with Beth <u>Afternoon Programs</u> 1:15 Crafting with Shannon & Beth (CAS) 3:00 Social Hour (Patio) <u>Evening Programs</u> Picture Cards (M) Name 5 (P)	7 <u>Morning Programs</u> 10:00 Rise & Thrive (P) 11am Catholic Communion and Rosary (WBS) <u>Afternoon Programs</u> 1:00 Fill your Vase (P) 1:45 Fill your Vase (M) 3pm Music with Melissa (P) <u>Evening Programs</u> Comics (M) Dot to Dot (P)	8 <u>Morning Programs</u> Sing-a-long with The Temptations Learn About Birds (P) Creative Coloring (M) <u>Afternoon Programs</u> Saturday Matinee– Seabiscuit Cards (P) Learn About Birds (M) <u>Evening Programs</u> Jokes (P) Sing a Long with Susie Q (M)

Calendar Key:

- S = Salon
- L = Lobby
- BP = Back Patio
- BL = Back Lobby
- CR = Community Room
- DC = Dahlia Café (Bistro)
- LLR = Large Living Room
- WBS = Wellbeing Studio
- CAS = Creative Arts Studio

Integrative Wellness
added to our PURPOSE Programming

June-Relaxation and Breathing
Techniques

Offsite Excursions

6/11 Soundtracks with Copper
Street Brass

6/18 The Mustard Seed Landscaping
& Garden Center

6/26 Picnic in the Park

*Signature THRIVE Carts &
Purpose Activity Boxes are avail-
able all day—just ask the staff!

TRAVEL CLUB: Tennessee

Thrive



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TRAVEL CLUB: Tennessee



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<p>9 <u>MORNING PROGRAMS</u> Live Stream Church Service <i>Hymn Sing and Devotions</i> <u>AFTERNOON PROGRAMS</u> 1:30 Afternoon Games on the Patio <u>EVENING PROGRAMS</u> <i>Conversation Pieces (P)</i> <i>Name Five (M)</i></p>	<p>10 <u>MORNING PROGRAMS</u> 10:00 Rise & Thrive—Weights 10:30 MN History <u>AFTERNOON PROGRAMS</u> 1:00 One on One's (P) 1:15 Yoga (WBS) 2:00 One on One's (M) <u>EVENING PROGRAMS</u> <i>Conversation Pieces (M)</i> <i>Nails and Massage (P)</i></p>	<p>11 <u>MORNING PROGRAMS</u> 9am Outing to see Copper Brass Band in Excelsior <u>AFTERNOON PROGRAMS</u> 1:30 Baking Corner (P) 2:00 Baking Corner (M) <u>EVENING PROGRAMS</u> <i>Nails and Massage (M)</i> <i>Wooden Puzzles (P)</i></p>	<p>12 Happy Birthday Tom! <u>MORNING PROGRAMS</u> 10:00 Rise & Thrive—Weights 10:30 What's going on in the world? 11:00 K-9 Officer Odie and his Human Partner Officer Bill (CR) <u>AFTERNOON PROGRAMS</u> 1:30pm Social on the Patio (P&M) <u>EVENING PROGRAMS</u> <i>Jokes (M)</i> <i>Comics (P)</i></p>	<p>13 <u>MORNING PROGRAMS</u> 10:00 Rise & Thrive—Drumming 10:45 Travel Club with Dale to Tennessee (CR) <u>AFTERNOON PROGRAMS</u> 1:15 Painting with Shannon & Beth (P & M) (CAS) 3:00 Social Hour— 50's theme (BP) <u>EVENING PROGRAMS</u> <i>Picture Cards (M)</i> <i>Name 5 (P)</i></p>	<p>14 Flag Day <u>MORNING PROGRAMS</u> 8am Father's Day Pancake Breakfast 10am Rise & Thrive (WBS) <u>AFTERNOON PROGRAMS</u> Fill your vase (P & M) 2pm National Flag Day Pie and Coffee Social (DC) 3:00 Social hour with Michelle Land (P) <u>EVENING PROGRAMS</u> <i>Comics (M)</i> <i>Dot to Dot (P)</i></p>	<p>15 <u>MORNING PROGRAMS</u> Elvis Sing-a-long <i>Learn About Birds (P)</i> <i>Creative Coloring (M)</i> <u>AFTERNOON PROGRAMS</u> Matinee— War Horse 1pm Second Hand Hounds <u>EVENING PROGRAMS</u> <i>Jokes (P)</i> <i>Sing a Long with Susie Q (M)</i></p>
<p>16 Father's Day Happy Birthday Ilene E and Bob A! <u>MORNING PROGRAMS</u> Live Stream Church <i>Hymn Sing & Devotions</i> <u>AFTERNOON PROGRAMS</u> 1:30pm Afternoon Games on the Patio 2pm Live Entertainment: Robert Stuckey <u>EVENING PROGRAMS</u> <i>Conversation Pieces (P)</i> <i>Name Five (M)</i></p>	<p>17 <u>MORNING PROGRAMS</u> 10:00 Rise & Thrive—Weights 10:30 MN History <u>AFTERNOON PROGRAMS</u> 1:00 One on One's (P) 2:00 One on One's (M) 3:00 Chair Yoga with Betty (WBS) <u>EVENING PROGRAMS</u> <i>Conversation Pieces (M)</i> <i>Nails and Massage (P)</i></p>	<p>18 Happy Birthday Barbara and Gary! <u>MORNING PROGRAMS</u> 10am The Mustard Seed Landscaping & Garden Center Outing <u>AFTERNOON PROGRAMS</u> 1:30 Baking Corner (P) 2:00 Baking Corner (M) 3:30 Music Therapy (M) <u>EVENING PROGRAMS</u> <i>Nails and Massage (M)</i> <i>Wooden Puzzles (P)</i></p>	<p>19 <u>MORNING PROGRAMS</u> 10:00 Rise & Thrive—Weights 10:30 What's going on in the world? <u>AFTERNOON PROGRAMS</u> 1:15 Chair Yoga (WBS) Tennessee History 3:00 Sing-a-long with Melissa (P) <u>Evening Programs</u> <i>Jokes (M)</i> <i>Comics (P)</i></p>	<p>20 <u>MORNING PROGRAMS</u> 10:00 Rise & Thrive—Drumming 10:30 Short stories with Beth <u>AFTERNOON PROGRAMS</u> 1:15 Games with Michelle (M & P) CAS 3:00 Social Hour (BP) <u>EVENING PROGRAMS</u> <i>Picture Cards (M)</i> <i>Name 5 (P)</i></p>	<p>21 <u>MORNING PROGRAMS</u> 10am Rise and Thrive (P) 11am Catholic Mass (CR) <u>AFTERNOON Programs</u> Fill Your Vase 1:30pm Celebrate the Solstice with Ice Tea on the Patio <u>EVENING PROGRAMS</u> <i>Comics (M)</i> <i>Dot to Dot (P)</i></p>	<p>22 <u>MORNING PROGRAMS</u> <i>Learn About Birds (P)</i> <i>Creative Coloring (M)</i> <u>AFTERNOON PROGRAMS</u> <i>Cards (P)</i> <i>Learn About Birds (M)</i> <u>EVENING PROGRAMS</u> <i>Jokes (P)</i> <i>Sing a Long with Susie Q (M)</i></p>
<p>23/30 <u>MORNING PROGRAMS</u> Live Stream Church Service <i>Hymn Sing and Devotions</i> <u>AFTERNOON PROGRAMS</u> Games on the Patio (P&M) <u>EVENING PROGRAMS</u> <i>Conversation Pieces (P)</i> <i>Name Five (M)</i></p>	<p>24 <u>MORNING PROGRAMS</u> 10:00 Rise & Thrive—Weights 11am Talk by the MN DNR! Learn about the Wildlife in our yard (CR) <u>AFTERNOON PROGRAMS</u> 1:00 One on One's (P) 2:00 One on One's (M) 3:00 Chair Yoga with Betty (WBS) <u>EVENING PROGRAMS</u> <i>Conversation Pieces (M)</i> <i>Nails and Massage (P)</i></p>	<p>25 Happy Birthday Marlene! <u>MORNING PROGRAMS</u> 10:00 Rise & Thrive— Balls 10:30 Current Events <u>AFTERNOON PROGRAMS</u> 1:30 Monthly Birthday Party with Live Music! (Ponds Patio) <u>EVENING PROGRAMS</u> <i>Nails and Massage (M)</i> <i>Wooden Puzzles (P)</i></p>	<p>26 <u>MORNING PROGRAMS</u> 10:00 Rise & Thrive—Weights 10:30 What's going on in the world? <u>AFTERNOON PROGRAMS</u> 11-1pm Picnic in the Park 1:15 Chair Yoga (WBS) 2pm Live Music by the Fernbrook Duo (CR) <u>EVENING PROGRAMS</u> <i>Jokes (M)</i> <i>Comics (P)</i></p>	<p>27 <u>MORNING PROGRAMS</u> 10am Rise & Thrive—Drumming 10:30 Short Stories with Beth <u>AFTERNOON PROGRAMS</u> 1pm Crafts with Shannon and Beth (CAS) 3pm Social Hour (DC) <u>EVENING PROGRAMS</u> <i>Picture Cards (M)</i> <i>Name 5 (P)</i></p>	<p>28 <u>MORNING PROGRAMS</u> 10am Rise and Thrive (WBS) 11am Share your life Experiences (CR) <u>AFTERNOON PROGRAMS</u> 1pm Fill Your Vase (P) 2pm Fill Your Vase (M) 3:00 Social hour with Michelle Land (M) <u>EVENING PROGRAMS</u> <i>Comics (M)</i> <i>Dot to Dot (P)</i></p>	<p>29 <u>MORNING PROGRAMS</u> <i>Learn About Birds (P)</i> <i>Creative Coloring (M)</i> <u>AFTERNOON PROGRAMS</u> <i>Cards (P)</i> <i>Learn About Birds (M)</i> <u>EVENING PROGRAMS</u> <i>Jokes (P)</i> <i>Sing a Long with Susie Q (M)</i></p>